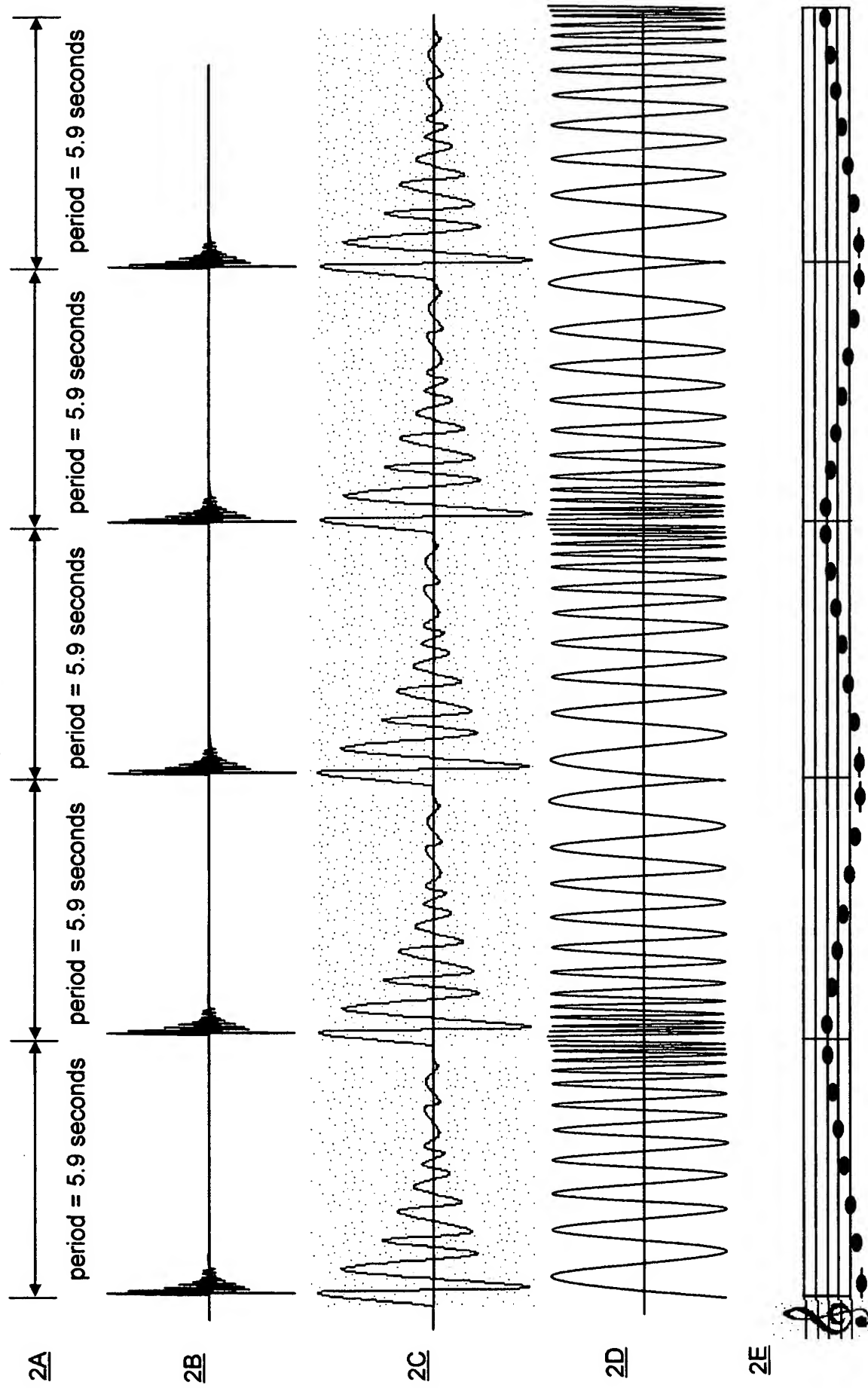


FIGURE 1



2E 1 2 3 4 5 6 7 7 6 5 4 3 2 1 1 2 3 4 5 6 7

FIGURE 2

# Silent Night

F. Gruber (19th c.)

32 Andante B $\flat$

31

33 chime

34 chime F7

Si - lent night, ho - ly night! All is

35 chime B $\flat$  calm,

36 chime E $\flat$  all is bright

37 chime 'Round you Vir - gin

38

interval = 5.9 seconds

interval = 5.9 seconds

FIGURE 3

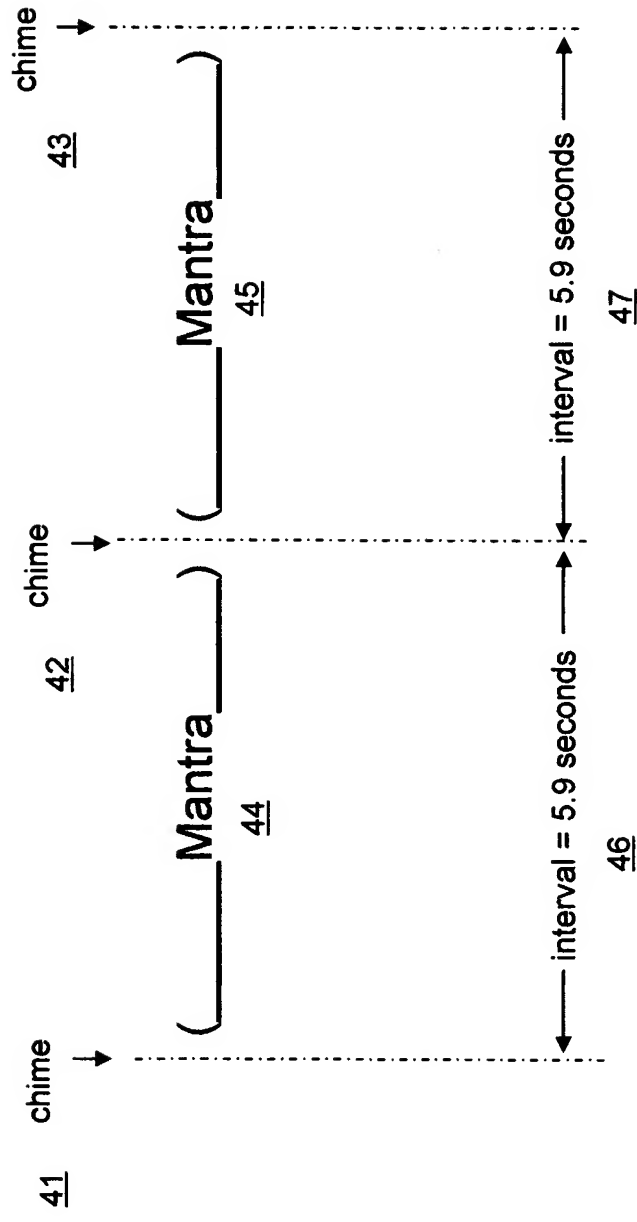


FIGURE 4

51

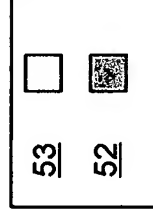


FIGURE 5

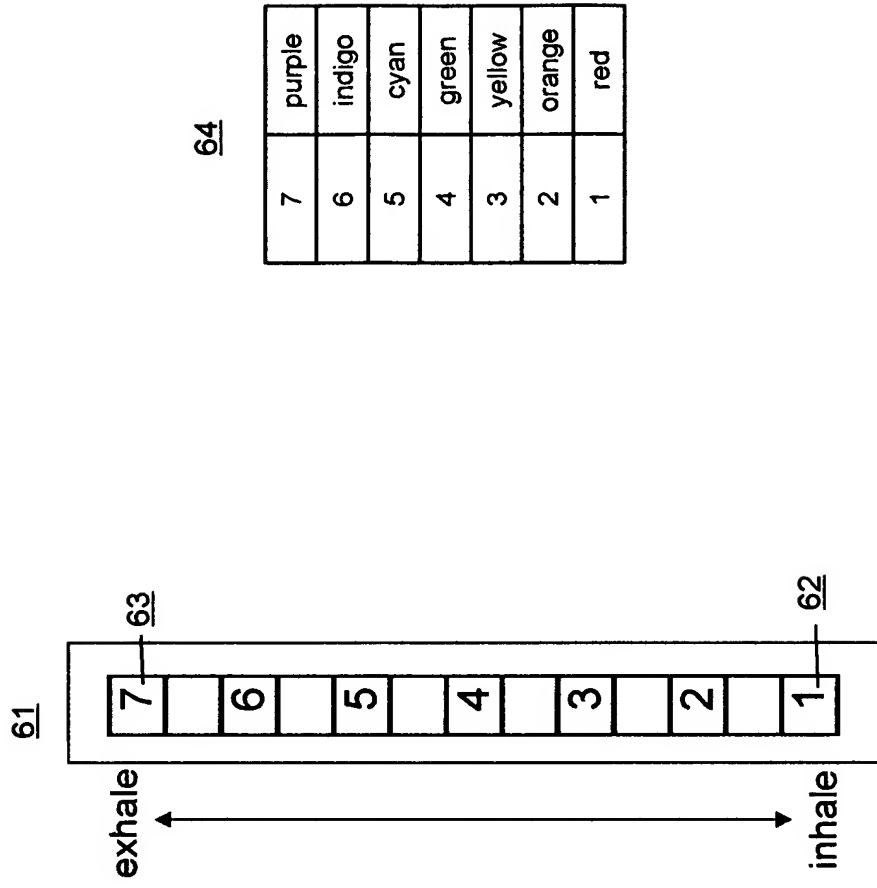
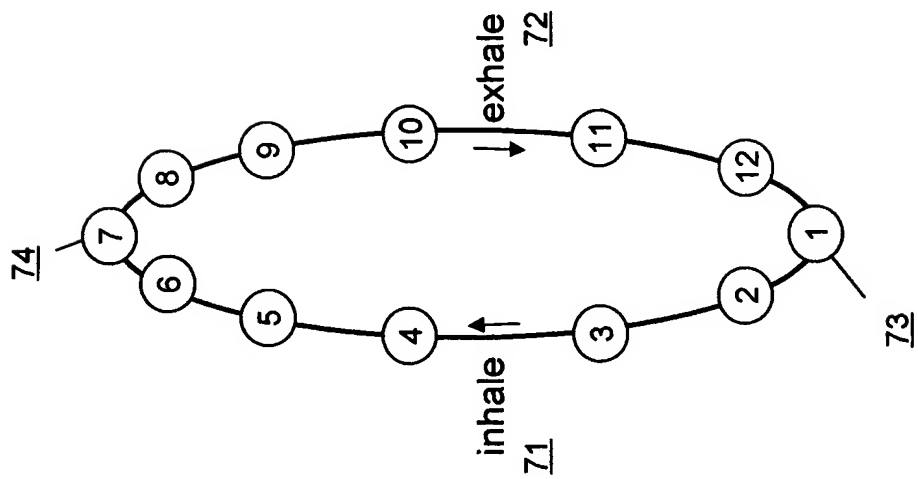


FIGURE 6

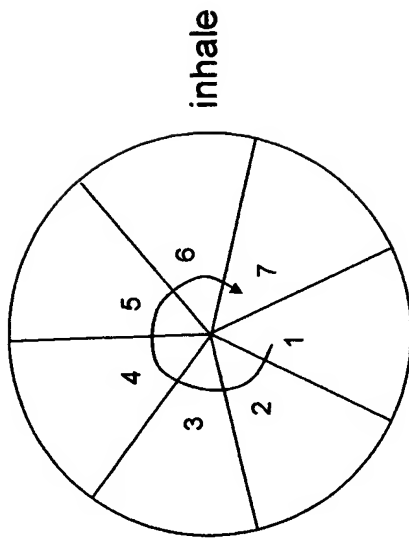


75

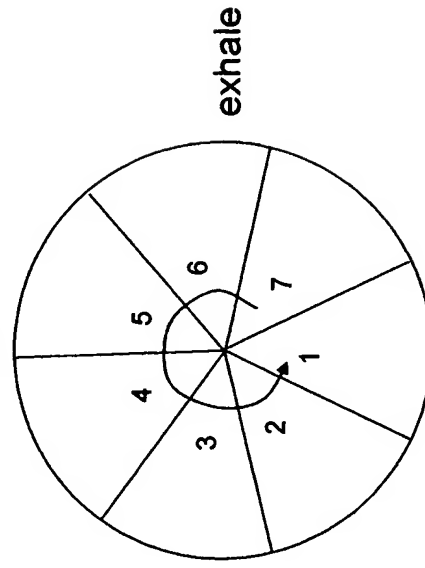
Inhale	Color	Exhale
7	purple	7
6	indigo	8
5	cyan	9
4	green	10
3	yellow	11
2	orange	12
1	red	1

FIGURE 7

81



82



83

7	purple
6	indigo
5	cyan
4	green
3	yellow
2	orange
1	red

FIGURE 8